



# FAST FACTS ABOUT VEGETARIAN PRODUCTS

Today, more people are avoiding or reducing consumption of animal products. GNLD's Vegetarian Protein Supplement and Vegetarian Multi-Vitamin/Multi-Mineral Supplement are 100% plant-derived and supply important nutrients that may be deficient in vegetarian diets. In addition, the raw materials are carefully screened for their low allergy potential. GNLD's vegetarian products are yeast-free, unsweetened, unflavored, and contain no sugar, wheat, or corn.

## WHY VEGETARIAN PRODUCTS?

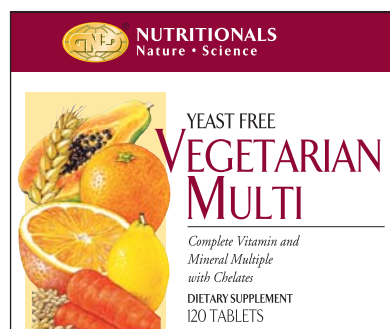
- Many people choose vegetarian food products based on very **specific dietary practices** they follow either by choice or by necessity.
- Vegetarian dietary restrictions include **ethical, religious, or health-based decisions to avoid animal products**, as well as **allergies** to certain foods, such as fish, egg, and dairy proteins.
- More people are choosing to reduce the animal foods in their diet and eat more vegetables, grains, and legumes for both **immediate and long-term health** reasons. Diets rich in plant foods and low in fat play a role in reducing the risk of all the major causes of illness and death.
- **Limiting the diet for any reason can potentially reduce the variety and quantity of nutrients consumed** in the daily diet. For this reason, people choosing diets with few or no animal products often turn to dietary supplements for nutritional assurance. Vegetarian supplements provide this assurance while adhering to vegetarian dietary restrictions.

## WHY GNLD VEGETARIAN SUPPLEMENTS?

- **Superior, 100% vegetable-sourced raw material** selection based on GNLD's high nutritional science and technology standards.
- **Includes GNLD's exclusive Plant Enzyme Complex** for enhanced digestion and absorption.

### VEGETARIAN MULTI

- **Contains no animal ingredients** of any kind.
- **Complete, balanced vitamin and mineral supplementation.**
- **Chelated minerals** for better absorption.
- **Plant Enzyme Complex** enhances digestion and nutrient absorption.
- **Features B-vitamins** from rice and **carotenoids** from carrots.
- Contains no yeast, sugar, wheat, or corn.
- **Includes GNLD's exclusive Neo-Plex Concentrate** to provide the phytonutrient benefits of whole citrus and our **Custom Trace Mineral Blend** to provide broad-spectrum mineral support from sea vegetation
- **100% natural.** No artificial colors, flavors, sweeteners, or preservatives.
- **Vegetarian base.** Contains chlorophyll, rice polishings, kelp, and soy.





### VEGETARIAN MULTI

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and 10% as beta-carotene from carrot oleoresin ( <i>Daucus carota</i> ) (root))	4,400 IU ..... 88%
Vitamin C (as ascorbic acid)	93 mg ..... 155%
Vitamin D (as ergocalciferol)	400 IU ..... 100%
Vitamin E (as d-alpha-tocopherol)	10 IU ..... 33%
Thiamine (as thiamine mononitrate and from rice)	10 mg ..... 666%
Riboflavin (as riboflavin and from rice)	10 mg ..... 588%
Niacin (as niacinamide and from rice)	50 mg ..... 250%
Vitamin B6 (as pyridoxine hydrochloride and from rice)	10 mg ..... 500%
Folic Acid	0.4 mg ..... 100%
Vitamin B12 (as cyanocobalamin and from rice)	10 mcg ..... 166%
Biotin	0.3 mg ..... 100%
Pantothenic Acid (as calcium pantothenate)	12 mg ..... 120%
Calcium (as calcium carbonate)	300 mg ..... 30%
Iron (chelated)	18 mg ..... 100%
Iodine (from kelp)	100 mcg ..... 66%
Magnesium (as magnesium oxide)	150 mg ..... 38%
Zinc (chelated)	15 mg ..... 100%
Selenium (as sodium selenite)	1.6 mcg ..... 2%
Copper (chelated)	2 mg ..... 100%
Manganese (chelated)	10 mg ..... 500%
Chromium (chelated)	0.8 mcg ..... <1%



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Amount Per Serving	% Daily Value
Molybdenum (as molybdenum trioxide)	1.2 mcg ..... 1.6%
Potassium (as potassium phosphate)	10 mg ..... <1%
Inositol (as inositol and from soy lecithin)	66 mg ..... †
Choline (as choline bitartrate and from soy lecithin)	.25 mg ..... †
Diastase (from malt)	20 mg ..... †
Papain	17 mg ..... †
Lipase	10 mg ..... †
Betaine Hydrochloride	10 mg ..... †
Custom Trace Mineral Blend	50 mg ..... †
Cellulose; Marine Organic Complex (from <i>Laminaria digitata</i> ); Kelp; Irish Moss; Dulse Leaf; Dicalcium Phosphate	
Neo-Plex Concentrate	47 mg ..... †
Orange Juice powder ( <i>Citrus sinensis</i> ) (fruit); Orange powder ( <i>Citrus sinensis</i> ) (peel); Citrus Bioflavonoid	

† Daily Value not established

Other ingredients: Microcrystalline cellulose, powdered cellulose, hydroxypropyl methylcellulose, chlorophyll, magnesium stearate, silicon dioxide and triacetin.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES  
Available Exclusively From GNLD Distributors



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# THE VEGETARIAN PRODUCTS STORY

## SUPPLEMENTATION FOR SPECIAL DIETS

Every day, more scientific evidence points to the importance of receiving a varied, balanced, and complete diet each day. And every day, people choose to restrict their diets for a variety of reasons which include ethical or health-based decisions to avoid animal products, and allergies to certain foods.

Dietary restrictions can reduce the diversity and density of nutrients consumed in the daily diet. For this reason, people choosing vegetarian diets often turn to dietary supplements for nutritional assurance. Vegetarian supplements provide this assurance while adhering to vegetarian dietary restrictions.

## CONCERNS ABOUT ANIMAL PRODUCTS

Traditionally, vegetarians have avoided meat and other animal products for religious or ethical reasons. Today, however, many people are eating largely plant-based diets for health reasons.

This trend began when research started highlighting the artery-clogging bad news about high levels of saturated fats and cholesterol in meat. Then came great news about fruits and vegetables: they contain many cancer-fighting and cholesterol-lowering compounds! The result is that more and more people are cutting back on meat and serving up more vegetables.

Another reason to avoid animal foods has been concern about residual contaminants. Meat from factory-farmed animals can contain hormones, antibiotics, and even pesticides and fertilizers from feed. Finally, certain cooking methods, such as barbecuing meats, can produce cancer-causing substances such as heterocyclic amines.

GNLD's 100% plant-derived vegetarian products support the needs of people avoiding animal products. In addition, Vegetarian Protein makes it simple and convenient for health-conscious consumers to add healthy, plant-derived protein to their daily diet in a number of ways. Vegetarian Protein may be added to breads and cakes, soups, salad dressings, casseroles, beverages...and more!

Totally plant-based diets may also be deficient in B-vitamins (particularly B<sub>12</sub>), essential minerals, and nutrients such as calcium, iron, zinc, magnesium, and iodine.

Studies have shown that 85% of vegetarians surveyed use nutritional supplements to make sure they're getting all the nutrients they need in their overall diet. GNLD's Vegetarian Multi-Vitamin and Multi-Mineral Supplement meets this need.

## CONCERNS ABOUT FOOD ALLERGIES

GNLD's vegetarian products have also been formulated to meet the needs of people who are concerned about food allergies. Food allergies are increasingly recognized as the underlying cause of a wide range of health complaints. Once

allergens are identified, symptoms can be dramatically reduced by avoiding foods which contain allergens. This can, however, result in a significant reduction in the variety of foods included in the diet.

Another factor which causes many people to adopt restrictive diets is a desire to avoid consuming yeast or yeast-derived products.

GNLD has addressed all these concerns by choosing only those raw materials that have low allergy potential and including no yeast or yeast-derived ingredients in their vegetarian products.

## GNLD ACHIEVES HIGH STANDARDS IN VEGETARIAN SUPPLEMENTS

GNLD's Vegetarian Multi-(Vitamin/Multi-Mineral Supplement) and Vegetarian Protein Supplement are carefully formulated to provide complete and balanced nutritional assurance for vegetarians. They are 100% plant-sourced and do not contain yeast, sugar, wheat, or corn, and no artificial colors, flavors, sweeteners, or preservatives. Choosing GNLD's Vegetarian products makes it easy and convenient to follow a vegetarian diet or to nutritionally enhance a diet that is largely plant-based.

In addition, each product is formulated using the best of GNLD's nutritional science and technology, including:

- **chelated minerals** for enhanced absorption.
- **proteins from rice and soy** blended with the natural free-form amino acid L-methionine.
- **exclusive Plant Enzyme Complex** (lipase, diastase, and papain) for enhanced digestion and absorption.
- **exclusive Neo-Plex Concentrate** (vitamin C, whole orange, grape fruit hesperidin, lemon bioflavonoid complex) for the phytonutrient benefits of whole citrus fruits.
- **exclusive Custom Trace Mineral Blend** (organically-bound minerals from Atlantic kelp, sea dulse, Irish moss, and microcrystalline cellulose) for the rare trace minerals found in sea vegetation.
- **exclusive Protogard Process** to ensure protein quality and enhance utilization.
- **exclusive Neo-Polyfiber** (soybean hearts, whole oat extract, acerola cherry fiber) to provide 3 gm of fiber and the benefits of cholesterol-binding agents in each serving of Vegetarian Protein.

*(Vegetarian Protein has been discontinued.)*